

SPECIFICATION

Please replace the Abstract with the following Abstract on a separate page.

Abstract

Enhanced performance yarns which are functional alternatives to 100% petroleum oil based virgin continuous filament yarns, and yarns of natural fibers and methods of making them. The yarns may comprise an inner portion of spun staple fibers of recycled plastic and an outer portion comprising a different material and incorporate highly significant amounts of recycled plastics, particularly post consumer recycled, thermoplastic material such as polyethylene terephthalate which contains medium to high levels of contamination. One embodiment of yarn comprises a core, an inner portion of spun staple fibers surrounding the core, and an outer portion comprising an inner helix and an outer helix.